

Breathing Vision Health Improvement Program

7 steps breathing exercise execution plan

A naturopathic tool and information presentation introduction

by

Dr. Herman Fridsma ND

2012

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7 Steps Breathing Vision Health Improvement Program Introduction

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Naturopathy

Abstract:

The breathing vision health improvement program with its 7 steps breathing exercise execution plan is a naturopathic tool and information presentation introduction by Dr Herman Fridsma ND which stands in extend of breathing and natural health promotion with a key focus at applied breathing techniques.

This is a simplified visualised model brochure presentation of applied breathing techniques in practice which can be combined with relaxation and meditation exercises.

Goal of the breathing vision health improvement program and it's 7 steps breathing exercise execution plan is to promote health and to decline stress.

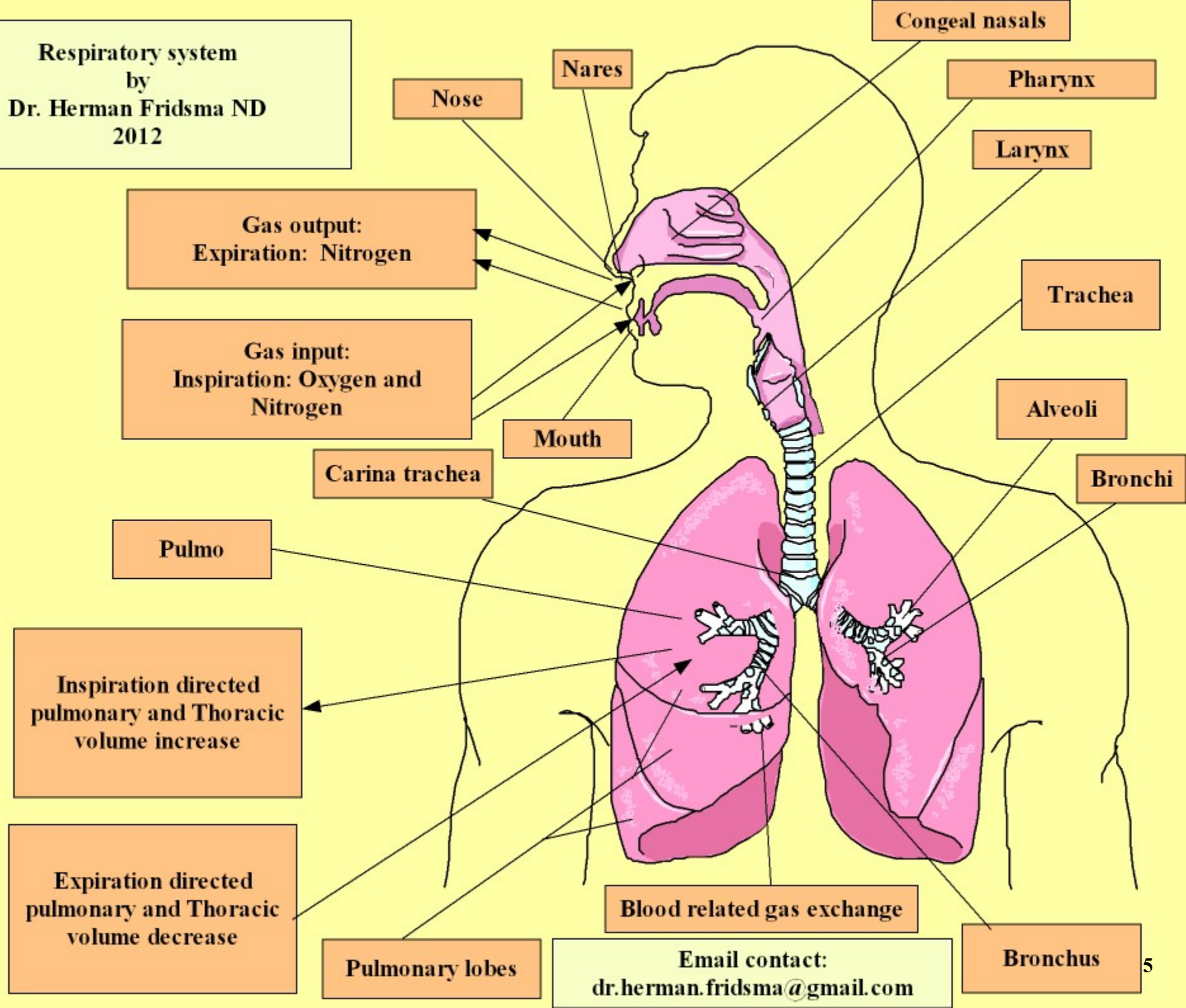
Breathing exercises are part of naturopathic practice and breathing and natural health promotion.

Introduction:

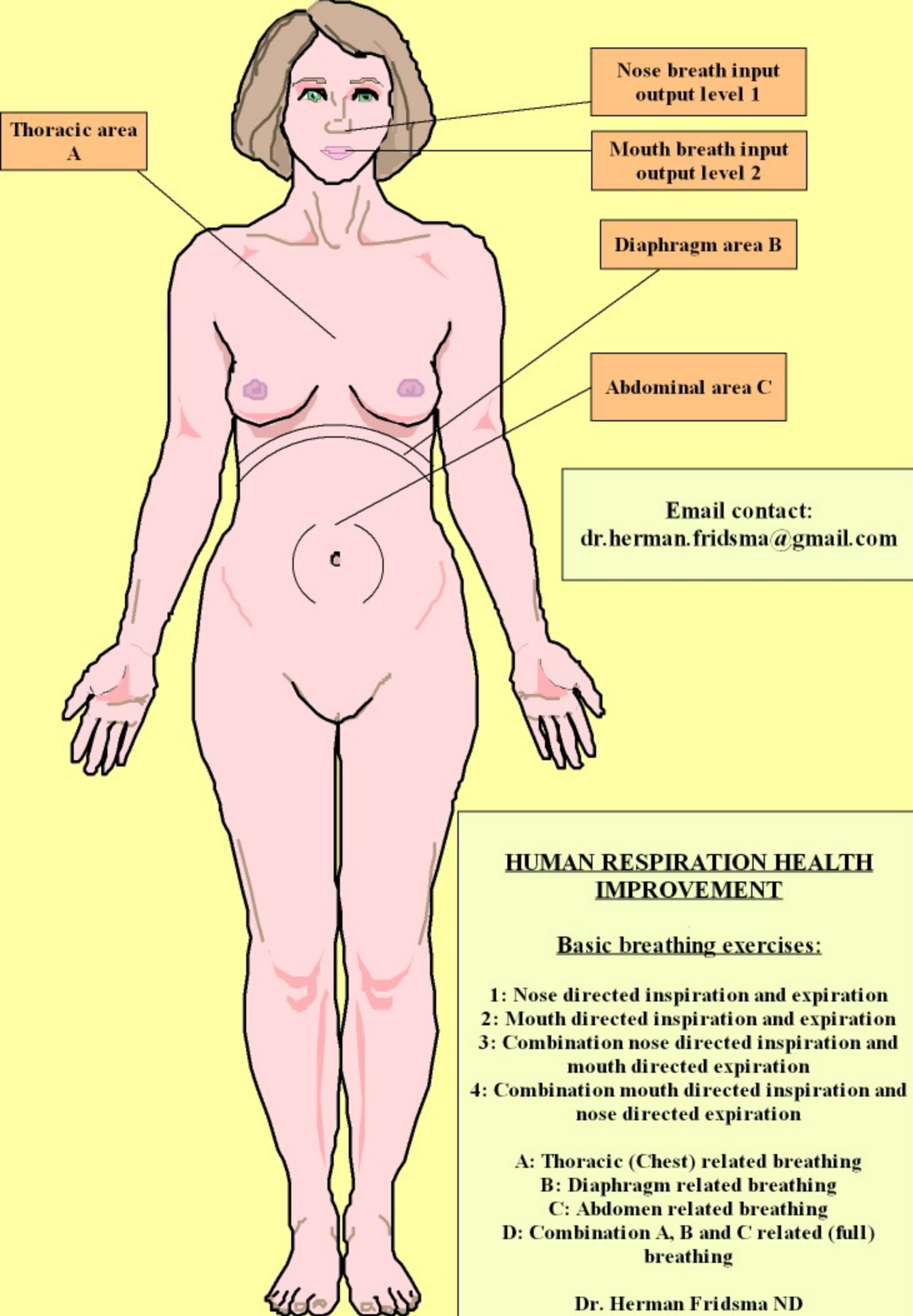
Breathing exercises are important to aid a patient with breathing difficulties and shortness of breath by means of customized exercises. Primair goal is to improve lung functionality and to reduce anxiety and stress caused by breathing difficulty (fear of dying, suffocation). Secundair goal is to achieve a patient's increased level of well-feeling, well-being and overall mental and physical relaxation. Breathing exercises are part of natural holistic approaches to connect body and mind.

Relaxation exercises, meditation and visualization are a valuable part of the integral approach in extend of the 7 steps breathing exercise program to help a patient relax and to connect body and mind while focusing at breathing and controlled inner rest and peace.

Respiratory system
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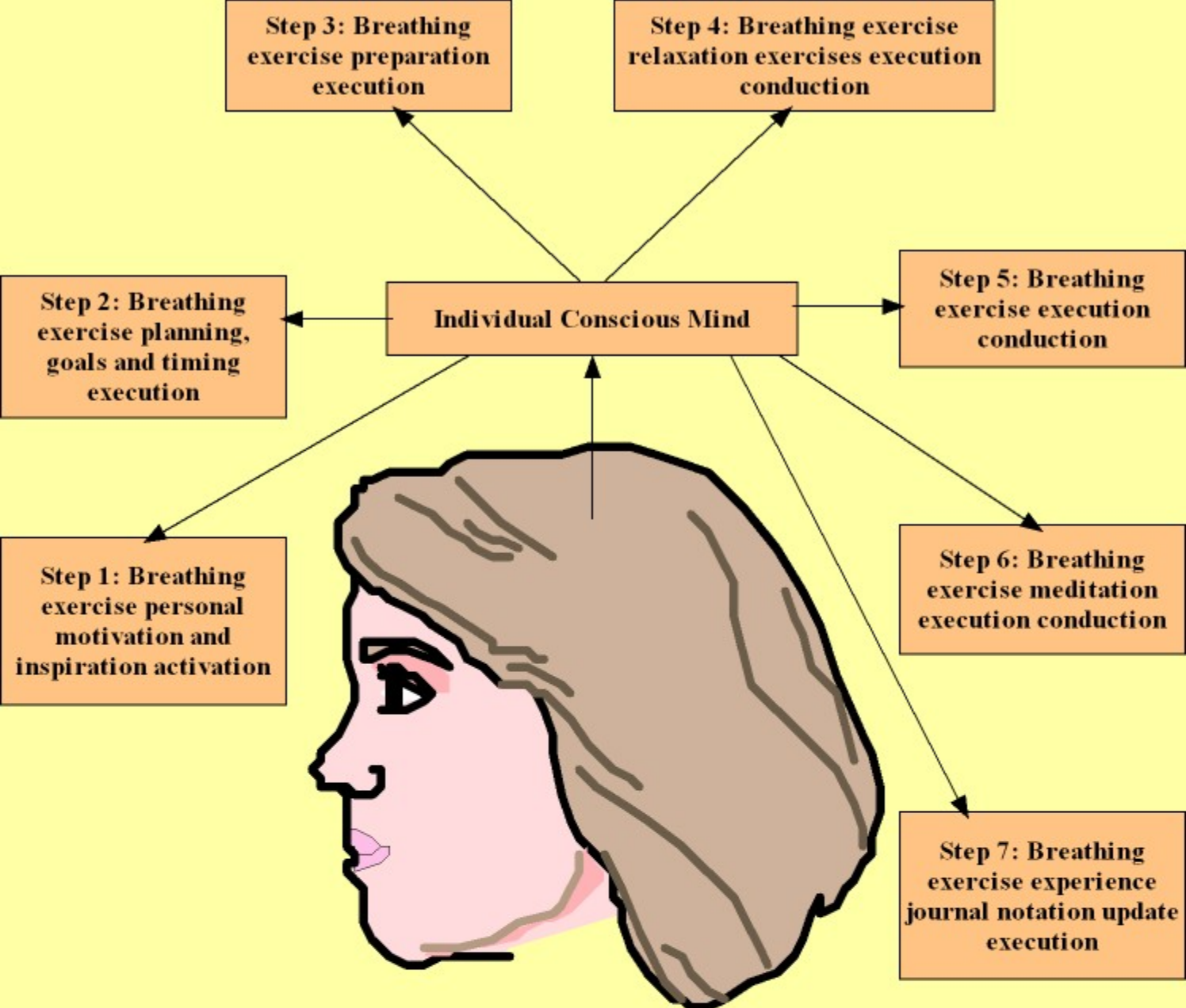
HUMAN RESPIRATION HEALTH IMPROVEMENT

Basic breathing exercises:

- 1: Nose directed inspiration and expiration**
- 2: Mouth directed inspiration and expiration**
- 3: Combination nose directed inspiration and mouth directed expiration**
- 4: Combination mouth directed inspiration and nose directed expiration**

- A: Thoracic (Chest) related breathing**
B: Diaphragm related breathing
C: Abdomen related breathing
D: Combination A, B and C related (full) breathing

**Dr. Herman Fridsma ND
2012**

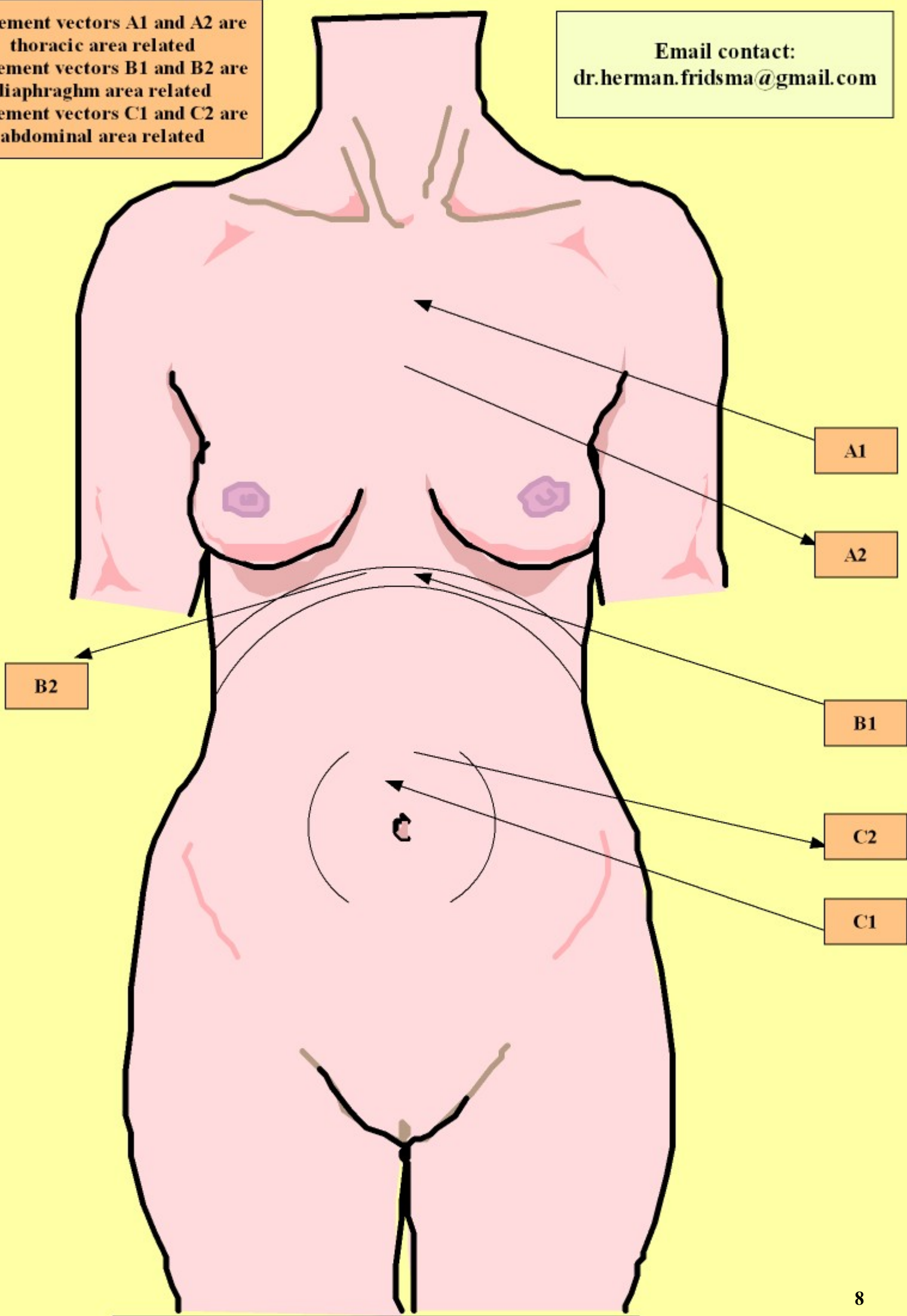


Seven step breathing exercise execution plan:
Breathing Vision Health Improvement Execution
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Movement vectors A1 and A2 are thoracic area related
Movement vectors B1 and B2 are diaphragm area related
Movement vectors C1 and C2 are abdominal area related

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Individual Conscious Mind

**CONSCIOUS MIND FOCUS
AND CONTROL:**

- 1: Nose directed inspiration and expiration
- 2: Mouth directed inspiration and expiration
- 3: Combination nose directed inspiration and mouth directed expiration
- 4: Combination mouth directed inspiration and nose directed expiration

A: Thoracic (Chest) related breathing

B: Diaphragm related breathing

C: Abdomen related breathing

D: Combination A, B and C related (full) breathing

Respiration awareness

Respiration
conditioning and
learning integration

New improved
respiration behavior

Nose breath input
output level 1

Mouth breath input
output level 2

Thoracic area A

Diaphragm area B

Abdominal area C

Life breathing exercise therapy benefits
7 Step Breathing Vision Health Improvement Execution Program
Dr Herman Fridsma ND
2012

Respiration
Stress
Epilepsy
Concentration
Hyperventilation
Lung emphysema
Heart disease
Panic attack
Asthma
COPD
Angina pectoris
Migraine
Headache
Oxygen assimilation
Anxiety
Body posture
Lung disease
Pain
Burn out
Physical trauma
Emotional trauma
Sleep disorders
Emotional sorrow
Grief
Pneumothorax
Diabetes
Weight loss
Flatulence



**Life
breathing
exercise
therapy**



Emotional pain
Health
Blood pressure
Constipation
Insomnia
Fatigue
Respiratory disease
Lung revalidation
Rehabilitation
Dispnea
Breathing problems
Menstrual cramps
Bronchitis
Abdominal pain
Irritable Bowel Syndrome
Stomach cramps
Heartburn
Vertigo
Shivering
Rheumatoid arthritis
Fibromyalgia
Muscle tension
Labour
Relaxation
PMS
Pneumonia
And so on

Findings;

Importance of breathing and relaxation exercises:

Breathing and relaxation exercises are important to achieve improved breathing function with increased breathing capacity and to achieve stress reduction and improvement of mental and physical well-being.

Relaxation exercises physical level:

Relaxation exercises aim to remove physical and mental tension from the individual.

The patient must lie down or sit comfortably and then let all tension gradually flow away from the body and from the mind.

First, one lets the physical tension flow away by focusing on the body and then letting the tension flow away per body part through complete relaxation.

Relaxation exercises mental level;

The mental tension is removed by going into mental trans after physical relaxation and concentrating on a mental level and focusing attention on something that makes one mentally relax. A tool can be to visualize in the mind of what one relaxes from and thus become one and to meditate on the mental journey one undergoes.

Advantages of the physical and mental relaxation exercises are that the heart rate and respiratory rate are reduced and that muscle tension is reduced by relaxation as well as blood pressure.

It is important to do relaxation exercises and associated relaxation-oriented meditation/ visualization exercises several times a day where necessary.

Respiratory muscle training:

Respiratory muscle training exercises should be performed several times a day by alternating between mouth breathing and nasal breathing. Daily exercises are necessary to increase respiratory muscle strength and to improve lung function within the respiratory system, and thus respiratory capacity.

Respiratory muscles can be trained by:

Abdominal breathing with and without resistance:

Abdominal breathing exercises without and with light to heavier weights on the abdomen while the patient is doing abdominal breathing exercises.

The goal is to gain control over abdominal breathing.

Chest breathing with and without resistance:

Chest breathing without and with light to heavier weights on the abdomen while the patient is doing abdominal breathing exercises.

The goal is to gain control over chest breathing.

Combined chest and abdominal breathing with and without resistance:

Alternating chest and abdominal breathing with and without resistance.

Simultaneous chest and abdominal breathing exercises with and without resistance. The goal is to gain control over combined and simultaneous chest and abdominal breathing through exercises.

Controlled cough exercises:

Aims to cough up mucus.

Additional low-impact exercises for endurance and oxygen uptake stimulation:

Walk and/or cycle for half an hour daily (indoors or outdoors). Indoors, a stationary bike or treadmill can be used if necessary.

Prescribed exercises are important for a patient to improve one's physical and mental well-being, wellness and to improve health effects at level of muscle strength, oxygen processing, boosting immune system functionality, boosting respiratory system functionality, stress reduction, anxiety reduction and so on.

Conclusion:

Patients who followed the breathing exercises program with integrated relaxation, meditation and visualization exercises gained more self-confidence and self-control regarding their breathing process which resulted to declined anxiety and stress levels and improved lung functionality.

Discussion:

Breathing exercises are important to help a patient with breathing difficulty breathe more effectively and more comfortable.

Do you think you can integrate the breathing vision health improvement program with its 7 step breathing exercise execution plan is of value within naturopathic practice and regular medical practice? (Explain your answer). What do you consider the strengths and weaknesses of the 7 step breathing exercise program?

Summary:

Breathing exercises combined with relaxation, meditation and visualization exercises as promoted by the breathing vision health improvement program with its 7 step breathing exercise execution is important to aid a patient with breathing difficulties effectively while promoting patient directed improved self-programmed breathing, wellbeing, health and relaxation.

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(Herman Fridsma is NOAG registered since 1999).

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Notes: